I claim:

- 1. A ballistic panel for being incorporated into a lightweight soft body-armor product adapted for covering an area of the body, said ballistic panel comprising an assembly of woven fabric plies with warp and fill yarns comprising bundled Poly (p-phenylene-2, 6-benzobisoxazole) fibers, said fibers being stretched at a draw ratio higher than 1:1 to promote dissipation of moisture, and said plies having a collective areal density of no greater than 1.0 pounds per square foot, and a V50 ballistic limit of no less than 1925 feet per second using a .22 caliber, 17 grain FSP at 0 degrees obliquity.
- 2. A ballistic panel according to claim 1, wherein said warp yarns weigh approximately 500 denier.
- 3. A ballistic panel according to claim 1, wherein said fill yarns weigh approximately 500 denier.
- 4. A ballistic panel according to claim 1, wherein each of said woven fabric plies comprises between 25 and 45 ends of warp yarn per inch.

5. A ballistic panel according to claim 1, wherein each of said woven fabric plies comprises between 25 and 45 ends of fill yarn per inch.
6. A ballistic panel according to claim 1, wherein said woven fabric plies are formed

using a plain weave.

- 7. A ballistic panel according to claim 1, wherein said assembly comprises between 25 and 40 overlapping fabric plies.
- 8. A ballistic panel according to claim 1, wherein the tensile modulus of the warp and fill yarns is greater than 1500 grams / denier.
- 9. A ballistic panel according to claim 1, wherein the tensile strength of the warp and fill yarns is greater than 40 grams / denier.
- 10. A ballistic panel for being incorporated into a lightweight soft body-armor product adapted for covering an area of the body, said ballistic panel comprising an assembly of overlapping plain-weave fabric plies with warp and fill yarns comprising bundled Poly (p-

phenylene-2, 6-benzobisoxazole) fibers, said fibers being stretched at a draw ratio higher than 1:1 to promote dissipation of moisture, and said warp and fill yarns each weighing approximately 500 denier, and said plies having a collective areal density of no greater than 1.0 pounds per square foot, and a V50 ballistic limit of no less than 1925 feet per second using a .22 caliber, 17 grain FSP at 0 degrees obliquity.

11. A lightweight soft body-armor product adapted for covering an area of the body, said body-armor product comprising at least one ballistic panel including of an assembly of woven fabric plies with warp and fill yarns comprising bundled Poly (p-phenylene-2, 6-benzobisoxazole) fibers, said fibers being stretched at a draw ratio higher than 1:1 to promote dissipation of moisture, and said plies having a collective areal density of no greater than 1.0 pounds per square foot, and a V50 ballistic limit of no less than 1925 feet per second using a .22 caliber, 17 grain FSP at 0 degrees obliquity.

12. A body-armor product according to claim 11, wherein said body-armor product comprises a ballistic flak vest.

17. compr	A body-armor product according to claim 11, wherein each of said woven fabric plies rises between 25 and 45 ends of fill yarn per inch.
16. compr	A body-armor product according to claim 11, wherein each of said woven fabric plies rises between 25 and 45 ends of warp yarn per inch.
15.	A body-armor product according to claim 11, wherein said fill yarns weigh ximately 500 denier.
14.	A body-armor product according to claim 11, wherein said warp yarns weigh ximately 500 denier.
13. less th	A body-armor product according to claim 11, overall weight of ballistic flak vest is nan 7.0 pounds.

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- 19. A body-armor product according to claim 11, wherein said ballistic panel comprises between 25 and 40 overlapping fabric plies.
- 20. A body-armor product according to claim 11, wherein the tensile modulus of the warp and fill yarns is greater than 1500 grams / denier.